



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

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(last updated, 01-23-12)

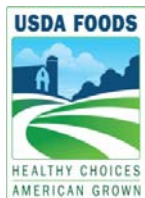
100383 – BEANS, PINTO, DRY, WHOLE, 25 LB

CATEGORY	<ul style="list-style-type: none">• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">• U.S. No. 1 grade dry pinto beans.
PACK/YIELD	<ul style="list-style-type: none">• 25 lb bag.• One 25 lb bag AP yields about 59³/₈ cups dry, whole pinto beans and provides about 525.0 ¼-cup servings cooked, drained pinto beans OR about 262.5 ½-cup servings cooked, drained pinto beans.• One lb AP yields 1 lb (about 2³/₈ cups) dry whole pinto beans and provides about 21.0 ¼-cup servings cooked, drained pinto beans OR about 10.5 ½-cup servings cooked, drained pinto beans.• CN Crediting: ¼ cup cooked, drained pinto beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup cooked, drained pinto beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none">• Store dry pinto beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mildew.• Store cooked pinto beans covered and labeled in a dated nonmetallic container under refrigeration.• Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Pinto beans, dry, cooked, without salt

	¼ cup (43 g)	½ cup (86 g)
Calories	61	122
Protein	3.85 g	7.70 g
Carbohydrate	11.21 g	22.42 g
Dietary Fiber	3.8 g	7.7 g
Sugars	0.15 g	0.29 g
Total Fat	0.28 g	0.56 g
Saturated Fat	0.06 g	0.12 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	0.89 mg	1.79 mg
Calcium	20 mg	39 mg
Sodium	0 mg	1 mg
Magnesium	21 mg	43 mg
Potassium	186 mg	373 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.3 mg	0.7 mg
Vitamin E	0.40 mg	0.80 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Sort dry beans to remove foreign matter, and rinse in cold water.• Soak dry beans overnight by adding dry beans to cold water. Cover and let stand in refrigerator overnight. Pour off soaking water, rinse, and cook immediately after soaking period. Longer periods of soaking are not recommended.• For quick soaking, pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water, rinse, and cook immediately after soaking period.• To cook, use approximately 1¾ qt boiling water for each lb of beans. Optional, add ½ tsp salt for every lb of beans. Cook for 1-2 hours. Add additional boiling water if beans become dry. Drain, if desired.
USES AND TIPS	<ul style="list-style-type: none">• Use cooked dry beans in soups, salads, entrees, or recipes. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or mold before use.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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